

Mike's Fit Family

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Interval Training	Yoga	Interval Training	Yoga	Interval Training
7am	Interval Training	Interval Training	Interval Training	Interval Training	Interval Training
8am	Interval Training	Interval Training	Interval Training	Interval Training	Interval Training
12pm	Interval Training	Interval Training	Interval Training	Interval Training	Interval Training
1pm	Interval Training	Yoga	Interval Training	Yoga	Interval Training
4pm	Interval Training	Interval Training	Interval Training	Interval Training	Interval Training
5pm	Interval Training	Interval Training	Interval Training	Interval Training	Interval Training
6pm	Interval Training	Yoga	Interval Training	Yoga	Interval Training



Cant't wait to see
you in class!

For more information or questions email:
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